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## KEEP WORKING AT LONG TERM CAREER PLANS

One of the worst things about the recession and low-paying work is that it consumes most of your time just to ensure survival, and there is little time or energy left to pursue activities that do not have immediate relevance. Activities devoted to long-term career plans and self-actualization are the first casualties of a recession enforced work pattern. If we give in to that, we allow the recession to affect our lives forever.

The only way to handle the situation is to work harder, manage time more efficiently, and squeeze out time and energy to keep pursuing your **long-term career** goals and plans. Improving your acquired skill-sets in line with your career plans is the only thing that will help you to retrieve your career from the clutches of the recession once the economy starts gaining strength. However, if you cease your self-improvement just because of the economically recessive conditions now, you would find yourself outdated and obsolete in the coming days. That is something to be avoided.

See the recession as an opportunity to catch up with others or to get ahead. Chances are, most people right now have their minds immobilized with solving immediate survival, and most have shelved their long-term career activities. The recession gives the intelligent the respite to catch up, if they had fallen behind previously due to wrong decisions in their lives, or to move ahead to find the position they desire to occupy in the market. This works as much for individual businesses as for individual humans. So, ride the recession don't let it ride you.

Here are some small tips to help you on the way:

### Get Physical

We all know that the body affects the mind as much as the mind affects the body. Physical workouts help to bolster self-confidence and determination. However, physical workouts are one of the first routines to be struck off the list in the face of other survival activities like **looking for extra work for money**. This is one of the worst mistakes people make. Regular physical workouts, especially for those who have developed a long habit, are essential for survival, and their effects come through positively in your behavior and actions increasing your chances of success both everyday and in the long-term.

### Manage Your Time

Time management is the key to a successful life. In order to pursue your long-term career plans effectively, you need appropriate time management. Remember that every choice in your life and the priority you attach to each of your actions are results of cost-benefit analyses made on received information. Sometimes, we allow immediately relevant information to overwhelm us and lose view of the bigger picture. The recession is one of those times. You need to reassess your routine time-allocations, and have to find ways to squeeze out those moments to keep being updated and acquiring skills in line with your long-term career plans.

### Keep Faith

Keep faith in yourself and in the world around you. Hold your dreams in your heart and don't lose them. Don't allow adversities to overcome your deepest aspirations, fight back. Fighting the bad effects of the recession on social and personal fronts is as much important as fighting the recession on an economic front. Know that things will improve and life will give you the chances to actualize your desires and abilities. Your duty is to be prepared to take the chance when it presents itself. And to do that, keep yourself updated with market trends and continue your self-improvement for achieving your long-term career goals.

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